

PRACTICAL HEALTH TALKS D Lillian Whitney MD (

Dr. Whitney's popular articles on health and beauty subjects in sereral leading magazines have been attracting marked attention for a num her of years. No other writer on similar topics is better equipped for the work, for Dr. Whitney has established an enviable reputation as a spesimilat and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department promptly as possible. All letters should be accompanied by a stamped savelope and should be addressed care of this paper.

TRUE RHEUMATISM.

Pelix: Bad breath that resists every

WASHINGTON ARGOL

By "SI" GROGAN.

Joseph Pilling and Harry Kennedy, both

well known to the local motoring pub-

lic, have joined the sales force of the

Record Auto Company and hereafter will

devote their time and energy to the sell-

At the meeting of the Professional

hauffeurs's Association a resolution was

cassed to incorporate the organization.

At the same time it was voted to change

The Guarantee Radiator and Lamp company has moved into their new quar-ers at 1411 Fourteenth street northwest.

The place is much larger and better suited for the giving of prompt service than the old location in New York ave-

"Pat" Dowling, an old Washington boy, now Eastern representative for the Ajax Rubber Company, is in the city for a few days. According to "Pat," the fac-

tory this year is doing the biggest busi-

L. M. Bradley, at one time on the ex-of advertising for the Moline Automobile Chamber of Commerce, and later director of advertiseing for the Moline Automobile Company, who recently came to Wash-ington to take charge of the advertis-ing department of the American Motor'st, has made application for members.

the night of the monthly meeting from

Friday to Monday.

ness in its history.

Many writers believe true rheuma-tism to be a neurosis, but genuine "The Mouth and Breath?" rheumatism is a very rare disease. It is in all probability microbic, and the form of treatment is probably chemical theory entertained by some eminent thinkers is that it is a mitiple infection caused by several microbes, with a peculiarity of bodily conditions. In thinkers is that the final caused by several microbes, with a peculiarity of bodily conditions. In other words, there must be present an assemblage of the germs in question, plus a peculiar physical state which creates the acute, excruciatingly paintain available systemic disease—rheumatism.

""" available leaves distilled witch-hazel water, 2 ounces, distilled witch-hazel water, 2 ounces, distilled witch-hazel water, 2 ounces.

dry-peeling skin is very unpursuant of the germs in assemblage of the germs in assemblage of the germs in assemblage of the germs in the property of the state of the course of the cour

pursued with equal success in every instance. Certain indications apply to all, however. The exhausted tis-sues must be rested and must be nour-

Change of occupation is in most cases impossible, but with frequent in-tervals of rest, by shifting the burden on other muscles as much as pos-sible, and in every way saving the tired-out region, much can be done to relieve the strain of the parts affected. Proper nourishment is of the high-est importance. Many of these patients are under weight and underfed. The arbitrary dictum that all red meats, starches, sugars, beverages and "solaces" must be cut out, no longer holds weight. A diet restricted to fats and starches is bad. A simple mixed and starches is bad. A simple mixed diet with a low amount of starches, no sugar, and a maximum amount of directible fat is probably the best. Ecverages need not be cut out entirely. It has been found that wines are injurious. A duly cup of coffee, for its stimulating effect in the promise for its stimulating effect in the promise of the control of lating effect in the morning, may by taken, and the solace of ar dinner citar need be denied none.

Answers to Queries

Mercedes: A liquid for softening the bath consists of strong ammonia water, ounces; green soap, 2 ounces; borax, 2 ounces; cologne water, 1 ounce. This a very strong and requires only a few irops in a basin of water for the face, or to soften the cutièle of the nails and hands preparatory to treating them, supful to the general bath is enough.

Friend. Yes, the constant use of peroxide of hydrogen will make the skin yellow. At any rate, always use a bland cream after a bleaching agent.

Andre: Thanks much for your appre-iation. Charcoal tablets are sometime

S. S. S., GREATEST BLOOD REMEDY, GIVES RESULTS WHEN OTHERS FAIL

Nature's Remedy for Blood Troubles.

The purifying and curative properries of Nature's great remedy have made "N. S. S. for the Blood" a household saying. Thousands today enjoying perfect health owe their recovery from blood or skin diseases to this universally used blood purifier. S. S. Is made entirely from roots, herbs tand barks, which possess cleansing and healing ingredients. You cannot see well when your blood is impure; you lack strength and energy natural with health; your complexion becomes pale and sallow; your vitality is weakened. When waste or refuse commerce, and later director of advertiseing for the Moline Automobile weakened. When waste or refuse matter, which Nature intends shall be thrown off, is left in the system, it is absorbed into the blood and boils, pimples, rashes, blotches and other gruptions of the skin appear. S. S. spees into the circulation and removes avery particle of blood taint or poison if every character. All skin diseases and eruptions pass away, and the smooth clear skin, glowing with health, shows that the body is being nourished by rich, pure blood. Rheumatism. Catarrh, Scrofula, Contagious Blood Poison, are all deep-seated blood disorders, and for their treatment nothing equals S. S. Get S. S. at any drug store. Don't accept a substitute. If yours is a peculiar case, write Swift Specific Co., Atlanta, Ga.—

HOUSE MAY ARRIVE AT **BORLAND RIDER TODAY**

Civil Service Employes' Union Presents Protest Against Proposal. Gen. Smith Opposed.

the rider will be reached late this aft-

A committee of five members represent-A committee of five members representing Federal Civil Service Employees Union, No. 150007, A. F. of L., yesterday presented a protest against the Borland rider to Speaker Clark and Chairman Fitzgerald of the House Appropriations Committee. The protest condemns

counted as present and voting, giving a total of 8 to 6 against the nominee.

The vote could not be regarded as a wet and dry vote, despite the efforts of Gen. Smith's friends to create an impression to that effect. The six Republican members of the committee and Senators Pomerene and Martin, Democrats, were aligned against Gen. Smith. Senators Smith, of Maryland; Smith, of Arizona: Hollis, of New Hampshire; James, of Kentucky; Saulsbury, of Delaware, and Phelan, of California, voted in favor of Gen. Smith.

SPAIN STRENGTHENED BY TROUBLE, SHE SAYS

Mrs. Harriet Chalmers Adams Lectures Before Geographic Society on the Country and Its People.

Members of the National Geographic Society and their friends listened with interest to the illustrated lecture on Spain by Mrs. Harriet Chalmers Adams. who has just completed a series of tours which have carried her to every land over which the Spanish flag has flown. The lecture was given in the auditorium of the New Masonic Temple.

The speaker interestingly told how Spain had risen from wreckage after the Spanish-American war, how it had been

nize a natural sensation, such, for instance, as expansion of the lungs upon inhaling a draught of fresh air.

Since all sorts and conditions of people have been placed in the catesory of the rheumatic, it is plain that the same line of treatment cannot be pursued with equal success in every instance. Certain indications apply.

Thirty-seventh street.

Initry-seventh street.

Morrow Mrs. Emilie Dougall Marcon, who has very recently returned from a visit to Montreal, will tell of the splendid work done in Canada by the Red Cross among the blind and wounded soldiers who have returned from the trenches in France. The soloist will be Miss Gertrude Lyon. Tea will be served at 5:30.

All women are cordially invited.

Drive the other night. A policeman has very recently returned from a visit to Montreal, will tell of the splendid work done in Canada by the Red Cross among the blind and wounded soldiers who have returned from the trenches in France. The soloist will be Miss Gertrude Lyon. Tea will be served at 5:30.

All women are cordially invited.

It is reported that many of the best

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NEW-YORK-DAY-BY-DAY O-O-MENTYRE.

Special Correspondent of The Washington Herald. New York, March 10.—Members of the Woman's City Club have decided to allow smoking in every one of their roomshours yesterday and adjourned some thirteen pages away from the Boriand rider to the legislative bill. It is probable that the rider will be reached late the rider will be reached later the rider will be reached and will be rea which means that women can smoke elevated and surface cars remain to be invaded by the female devotees of My

Lady Nicotine.
Instead of setting apart a room for lady smokers in Gotham, it is probable

able to keep a dog for less than \$100 ; month.

A man at the next table pushed back his soup and walked out for a bit of fresh air. Meeting a friend he told him what he heard. "And yet they wonder," he solitoquized, "why crime is on the in-

Every Sunday meant suicide day to Sam Hyman, of the East Side, whose wife is suing him for a separation. Whenever his wife scolded him, Sam would crawl under the bed, turn on the gas, and put a pillow over his face.

If she chided him very severely he'd wait till all the family were about and then hang himself. If his wife was much wrought up and showed it, Sam would wait until three or four husky neighbors were about and then attempt

neighbors were about and then attempt to jump out of a window.

CONTAINING THE NAMES AND ADDRESSES OF THE WASHINGTON DEALERS OF WELL-KNOWN

PLEASURE AUTOMOBILES, MOTOR TRUCKS, ACCESSORIES AND SUPPLIES.

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PREMIER-

1311 H st. nw. Phone Main 263,

people in New York have delayed their income tax reports for lack of a quarter with which to pay the notary.

Lectures on Spiritualism Sister Devamata, of the Vendante Centre, of Boston, has arrived in Washington for her usual season of lectures and classes. She will begin tomorrow a series of six Sunday even-

day presented a protest against the Borland rider to Speaker Clark and Chairman Fitzgerald of the House Appropriations Committee. The protest condemns the rider as unnecessary, uneconomic and contrary to the interests of government contrary to the interests of government clerks.

The Senate District Committee, by a vote of 6 to 5, yesterday reported adversely on the nomination of Gen. Robert G. Smith to the District Excise Board. Three States of Consciousness."

The Senate District Committee, by a vote of 6 to 5, yesterday reported adversely on the nomination of Gen. Robert G. Smith to the District Excise Board. Three Smalls and the streets.

The senate District Committee, by a vote of 6 to 5 to 5 against the nomines.

On Fifth avenue any day he can snatch clearly and the protesting and the protest committee of the protesting and protest against a woman smokers. On Fifth avenue any day he can snatch clearly and the protesting and protesting and protesting and protesting and protest against a woman smoking and protesting and protesting and protesting and protesting and there is no law against a woman smoking any more than there is against. While there is no law against a woman smoking any more than there is against the of Devotion," "Mortality and the work of the Presbyterian Alliance of Devotion," "Mortality and Immortality." She will also conduct a friend and protesting and protest and protesting and protes

FULL

QUART

PRESBYTERIAN SOCIETY PLANS ANNUAL SOCIAL

Alliance Meets at Rauscher's on March 20-Moderators of General Assemblies to Attend.

The moderators of the two general assemblies of Presbyterians will be guests of honor at the annual social meeting of the Presbyterian Alliance at Rauscher's Monday evening, March 20. Rev. J. Ross Stevenson, D. D., L L D., president of Princeton Theological Seminary, Princeton, N. J., is moderator of the Northern Assembly, and Rev. W. McF. Alexander, D. D. L. L. D., paster in New Orleans, La., is moderator of the Southern As-sembly. Each of these eminent Presbyterians

will speak. In addition, Dr. John Brit-tan Clark, pastor of First Presbyterian Church of Washington, will speak on the work of the Presbyterian Alliance of

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